

This is for you.

The Call2Connect Program

Mental Health Families and Friends Tasmania is launching its Call2Connect Program.

Are you supporting a friend or family member with mental ill health or co-occurring mental ill health and drug use? Do you need some one-on-one support and need some support navigating the services and finding the right services out there for you and the person you support?

Then, this is for you!

Regardless of where you are in your journey, supporting someone living with mental ill health or co-occurring mental ill health and drug use can be both rewarding and purposeful, but also lonely, exhausting, and stressful. At times it may feel like you're experiencing an emotional rollercoaster of highs and lows. You are not alone. This is for you!


The Call2Connect Program offers up to four, 1 hour calls which provides the opportunity to be heard and supported. Connecting is important for self-care and your continued wellbeing. We invite you to take a moment to put you first and help you maintain resilience, cope with challenges, and strengthen your support role.

Interested?

Are you interested in one on one, informal, confidential, and free peer support and referral help from the Lived Experience Project Officer who is also a qualified Social Worker.

Call Rahnee on 0429 121 576 or email at rahnee@mhff.org.au



 03 6228 7448



www.mhfamiliesfriendstas.org.au

We operate statewide | Support for alcohol and drug and mental health families and friends in Tasmania



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